

Tiger Team Homework
Week 8
Due week of June 28, 2010

NAME:

What to Do	Completed
Clear sit (total of 30 sec in both pike and straddle) Keep hands flat on the floor at all times and try and squeeze legs straight when doing these. I know when working clear sits you can experience some cramping in your legs and hips but this just your muscles way of telling you they are getting stronger!!! Try and work thru the pain even if you can only hold a couple seconds at a time, these skills are very important.	
Handstand Hold (5 X 20 sec) Do these with tummy facing the wall. After you get up have a grown up help you place a sock between your shoulder and ear. Keep these pinched the entire time. Try and push as tall as you can, reaching your toes towards the ceiling	
Push up's (5 X 10) Try and keep your back as flat as possible and hold your tummy in.	
Bridges: Circle what you did. 10 bridges from your knees and 10 from a stand, pinching socks between your ears and shoulders or 5 X 10 sec trying to keep knees and elbows straight, with feet flat on the floor and legs together.	
Split Slides (15 on each leg; then hold your split each way for a total of 2 minutes.) Pick which leg to start on. Start with one leg bent (you are balancing on that knee) with one leg straight out front. Holding your arms out to the side, slide into your split trying not to touch the ground with your hands, or have your back leg turn out.	